



## INSTRUCTIONS AFTER CATARACT SURGERY

### **Pain**

Scratchy type of irritation is normal mostly with blinking. Take Tylenol or non-aspirin type product if needed. *Call your surgeon if true eye pain*

**DO NOT RUB YOUR OPERATIVE EYE. Never re-use any tissue or handkerchief to dab your eyes=possible eye infection! Always wash your hands.**

### **Vision**

First 1-2 weeks vision is unreliable with some days more clear than others. Normal to see a hazy or blurry vision from the microscope light used during surgery. *Call surgeon if vision gets worse.*

### **Dark glasses-given to you from clinic**

Wear when in bright lighting/ sunlight as eye is sensitive to the light; wear over regular glasses.

**Medication:** Immediately resume your home medication, including any eye drops you were using preoperatively. **Always use good handwashing before using medication, especially eye drops.** Questions about your eye drops, call the Eye Clinic of North Dakota: 701-255-4673.

**Lens Identification card=BRING TO FOLLOW UP APPOINTMENT.** Keep in wallet/safe place; information is also in your clinic record.

**For ONE week after surgery NO: swimming, lifting > 20 lbs, eye makeup**

### **Immediately After Surgery you may:**

Bathe, shower, wash your face, sleep in any position, travel, and resume all daily activities. Wear your glasses for eye protection and lens will be changed later; lens on the operative side will be too strong; may remove the lens from the frame then wear sunglasses when outdoors. Drive next day if vision is good. If you are unsure about this, ask your surgeon.

**IF you had IV sedation**=normal to feel dizzy, altered thinking, drowsy.

**Next 24 hours DO NOT:** drive, operate machinery, shop, consume alcohol, make legal decision; rest quietly today, and have responsible person with you.

**POST OPERATIVE APPOINTMENT is at the Eye Clinic of North Dakota**

620 N 9th Street, Bismarck, ND 58501. Phone: (701) 255-4673 or 1-800-472-2620

\_\_\_\_\_ at \_\_\_\_\_ am/pm

\_\_\_\_\_  
Patient/significant other

\_\_\_\_\_  
Nurse